

Older Adults

COMPUTERS: MS 2010 WORD ESSENTIALS

Learn to create, save, retrieve, rename and delete documents. Learn text selection techniques, editing, cut/copy/paste, spell/grammar check, and using Thesaurus. Learn to use important toolbars. A suggested donation of \$5 is due at the first class.

Staff, Recreation Rodgers Senior Center Computer Lab

4802.401	50 yrs +	9/12 - 10/3	9:00am-12:00pm	W	\$15
4802.402	50 yrs +	10/10 - 10/31	9:00am-12:00pm	W	\$15

COMPUTERS: ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Put information where you can find it. Clean up and organize old files and your desktop. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to make your computer life easier and optimize your computer. Skills are universal whether you have Windows XP, Vista or 7. Ask questions, get answers, have fun!

Lander, Joel Rodgers Senior Center Game Room

4547.400	Adult	9/6-9/13	2:00pm-5:00pm	Th	\$66
4547.401	Adult	10/4-10/11	2:00pm-5:00pm	Th	\$66
4547.402	Adult	11/1-11/8	2:00pm-5:00pm	Th	\$66

COMPUTERS: PICASA PHOTO ORGANIZING & MORE

Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share pictures via web albums, CDs, emails, print and much more.

Lander, Joel Rodgers Senior Center Computer Lab

4548.400	Adult	9/14 - 10/5	9:00am-12:00pm	F	\$66
4548.401	Adult	10/12 - 11/2	9:00am-12:00pm	F	\$66
4548.402	Adult	11/9 - 12/7	9:00am-12:00pm	F	\$66

FITNESS: CARDIOFIT FOR SENIORS

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. Stay motivated and keep moving! No classes Nov. 20 or 23.

Grossman, Marianne Rodgers Senior Center Hall A

4816.401	50 yrs +	9/11 - 12/7	9:00am-9:45am	Tu F	\$55
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FITNESS: PILATES FOR SENIORS

Pilates is ideal for people over 50 because of its low-impact exercises. Benefits include: improved posture, strength, balance, along with an enhanced mind-body connection and total body awareness to reduce the risk of falls. The class will incorporate a chair for stability/flexibility exercises. Bring an exercise mat. No class Nov. 12.

HB Pilates, Jill Hardwick Rodgers Senior Center Game Room

4822.400	50 yrs +	9/10 - 11/19	12:30pm-1:30pm	M	\$88
4822.401	50 yrs +	11/26 - 12/17	12:30pm-1:30pm	M	\$42

YOGA: YOGA AS A SENIOR SOLUTION

Starting in the chair with emphasis on breathing/posture, then using the chair as a prop for balance, stretching and flexibility, continuing down to the mat. Working to strengthen the body from fingers to toes, keeping ones independence and freedom of movement for your individual body, in a class limited to 12 students for individual attention. This class is held at the S. Amsler's Martial Arts Center 18595 Brookhurst St. No class 11/12, 11/21 and 11/23.

HelpYourHealth, RoxAnn Madera S.A. Martial Art Center
18595 Brookhurst

4510.400	55yrs +	10/1 - 12/10	1:00pm-2:30pm	M	\$141
4510.401	55yrs +	10/2 - 12/11	12:30pm-2:00pm	Tu	\$155
4510.402	55yrs +	10/3 - 12/12	10:30am-12:00pm	W	\$141
4510.403	55yrs +	10/5 - 12/14	10:30am-12:00pm	F	\$141

Sports Programs

YOUTH SPORTS

The City of Huntington Beach Youth Sports Program stresses the importance of teaching young people not only the rules and strategies of games but important lessons about life as well. Positive youth sports programs help young people develop confidence and self-esteem, help them learn to resolve conflicts peacefully, teach them ways to take care of their health and well-being, and help them develop skills for communicating with others.



Coaches, spectators, families and participants are encouraged to be mindful that these programs are designed to develop the whole person, not just the athlete, and that sportsmanship is a required element of the City of Huntington Beach Youth Sports program.

FLAG FOOTBALL - JUNIOR (1ST - 2ND GRADES)

The City of Huntington Beach Junior Flag Football program for youth between the ages of 6 and 8 is a great way to start kids off with a fun and positive football experience. Participants will be taught the FUNDamentals of flag football along with sportsmanship and teamwork. The first three classes will be instruction based and the last three will be game based. All participants receive a HB recreation jersey and league awards. Huntington Beach youths sports programs – Have fun playing sports!

Staff, Recreation Murdy Community Center

7736.400	6yrs to 8yrs	9/22 - 10/27	9:00am-9:50am	Sa	\$55
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Staff, Recreation Edison Community Center

7736.401	6yrs to 8yrs	9/22 - 10/27	9:00am-9:50am	Sa	\$55
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FLAG FOOTBALL LEAGUE

The City of Huntington Beach youth flag football program for youth in grades 3 through 8 is a competitive league with an emphasis on having fun and learning the correct way to play football. League play is 10 weeks including evaluations, practice game, 6 league games and a bowl game. All participants play at least half the game, receive a HB recreation jersey and league awards. Huntington Beach youths sports programs – Have fun playing sports! All evaluations will take place on September 8 at Edison Community Center.

Staff, Recreation Edison Community Center Football

7735.400	Grades 3-4	9/8 - 11/10	12:00pm-1:00pm	Sa	\$55
7735.401	Grades 5-6	9/8 - 11/10	10:30am-11:30am	Sa	\$55
7735.402	Grades 7-8	9/8 - 11/10	9:00am-10:00am	Sa	\$55

Staff, Recreation Murdy Community Center

7735.403	3rd-4th	9/8-11/10	12:00pm-01:00pm	Sa	\$55
7735.404	5th-6th	9/8-11/10	10:30am-11:30am	Sa	\$55
7735.405	7th-8th	9/8-11/10	9:00am-10:00am	Sa	\$55

INDOOR COED VOLLEYBALL LEAGUE

The City of Huntington Beach indoor coed volleyball is a competitive league with emphasis on having fun and learning the game of volleyball. Boys and girls between the 5th and 8th grades will be placed on teams for the 9 week season which includes one week of evaluations, a practice game, six league games and a city-wide championship tournament. All participants will receive a HB recreation jersey and league awards. Huntington Beach youth sports programs – Have fun playing sports!

Staff, Recreation City Gym Gymnasium

7737.400	Grades 5-6	9/8 - 11/3	11:30am-12:30pm	Sa	\$55
7737.401	Grades 7-8	9/8 - 11/3	10:00am-11:00am	Sa	\$55

Sports Programs

ADULT SPORTS

ARENA SOCCER LEAGUES

The City of Huntington Beach offers year round adult arena soccer leagues at the award winning Central Park Sports Complex. Games will be played on artificial sports turf under the lights starting the week of September 10, 2012. Team registration costs are \$400.00 per 8 week season plus referee fees (\$20.00) per game paid directly to the official by each team. League play will be 6 v 6 - including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall, on the City website (surfcity-hb.org) or by mail. For league information or to be placed on the individual players list, please call (714) 536-5486. The first day of registration will be July 30, 2012. The deadline to turn in team registration to City Hall is August 31, 2012.

6 v 6 Men's Open	Monday Nights	6:30pm, 7:30pm, 8:30pm
6 v 6 Men's Rec - 28 & Over	Tuesday Nights	6:30pm, 7:30pm, 8:30pm
6 v 6 Men's Open	Wednesday Nights	6:30pm, 7:30pm, 8:30pm
6 v 6 Coed Rec - 28 & Over	Thursday Nights	6:30pm, 7:30pm, 8:30pm
6 v 6 Coed Open	Friday Nights	6:30pm, 7:30pm, 8:30pm

Registration information for the Winter 2013 season will be available in November for the season starting in Mid-January, 2013.

ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Fall season will begin the week of August 20, 2012 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday, Thursday or Friday. Coed teams play Sunday, Wednesday, or Friday. Team registration costs are \$420.00 plus umpire fee. The umpire fee (\$15) is paid at each game directly to the umpire. Over 55 Senior Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. Legends Senior Women's Softball Association plays on Thursday nights at Murdy Park. If you are interested call: 714-523-2313. The team registration fee for the Senior Leagues is \$200 per team, plus the \$15.00 per game official's fee.

Deadline for registration is Thursday, August 9, 2012. Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25.00 late fee. Registration packets are available at City Hall, on the City website. Individuals who wish to join a team may call the Community Services Department at 714-536-5486 and will be put on an eligibility list made available to the team managers.

Registration information for the Winter 2013 season will be available in November for the season starting in Mid-January, 2013.

ADULT SIX'S VOLLEYBALL LEAGUE

Monday & Wednesday Nights 6:00-10:00 PM Winter, Spring, Summer & Fall Sessions. This program is designed to provide a structured, competitive volleyball league for players of various skill levels. New teams are evaluated and placed in an appropriate divisional level. We work with individuals to place them on just the right team. Three levels of Coed (3-men & 3-women) is offered on Monday nights. Advanced Women's League is offered on Wednesday nights. Games will be played at the City Gym. Each team must pay directly to the official a fee of \$14 before each match. Each match consists of three games. To enter a team or join an existing team, call the City Gym at (714) 960-8884 or Rics Volleyball (714) 375-5063. Gym Closed Nov. 11.

Win Win, Promotions LLC City Gym Gymnasium
7900.400 9/10 - 11/21 06:00pm-10:00pm M W \$250

MEN'S ADULT RECREATIONAL BASKETBALL LEAGUE

Winter, Spring, Summer and Fall Sessions Basketball leagues are played on Sundays and are arranged by the overall skill level of each team to ensure competitiveness. Leagues are height restricted - 6'0" and under and 6'5" and under (with a 1" allowance). Each team is also responsible for a \$30 game fee each week to cover two officials and a scorekeeper/statistician. The last two game fees are collected with the registration fee as a deposit against forfeits. For more information please go to hoopsunlimited.com or call the City Gym and Pool at (714) 960-8884 for registration information.

Walker, Marty City Gym Gymnasium
7901.400 9/09 - 11/11 9:00am-5:30pm Su \$426

Swimming

NEW PRIVATE SWIM LESSONS

For students and parents who desire more individual attention, the Community Services Department will now be offering private swim lessons. Private swim lessons will consist of five (5), fifteen (15) minute swim classes, held once a week on Friday afternoons. Classes will be held at the City Gym and Pool and will be taught to the desired level. Please see the private swim schedule below or contact the City Gym and Pool at (714) 960-8884 with any questions. Online registration NOT available.

- Private lessons will be taught with 1 to 1 participant to instructor ratio - Class Fee: \$75

OR

- Small Group lessons are also available with maximum 2 students per instructor - Class Fee: \$85

All Private Lessons Held at City Gym and Pool.

Private Swim Schedule - Session 1

8524.400	3:20pm	3yrs to Adult	F	9/14 - 10/12
8524.401	3:20pm	3yrs to Adult	F	9/14 - 10/12
8524.402	3:40pm	3yrs to Adult	F	9/14 - 10/12
8524.403	3:40pm	3yrs to Adult	F	9/14 - 10/12
8524.404	4:00pm	3yrs to Adult	F	9/14 - 10/12
8524.405	4:00pm	3yrs to Adult	F	9/14 - 10/12
8524.406	4:20pm	3yrs to Adult	F	9/14 - 10/12
8524.407	4:20pm	3yrs to Adult	F	9/14 - 10/12
8524.408	4:40pm	3yrs to Adult	F	9/14 - 10/12
8524.409	4:40pm	3yrs to Adult	F	9/14 - 10/12
8524.410	5:00pm	3yrs to Adult	F	9/14 - 10/12
8524.411	5:00pm	3yrs to Adult	F	9/14 - 10/12

Private Swim Schedule - Session 2

8524.412	3:20pm	3yrs to Adult	F	10/19 - 11/16
8524.413	3:20pm	3yrs to Adult	F	10/19 - 11/16
8524.414	3:40pm	3yrs to Adult	F	10/19 - 11/16
8524.415	3:40pm	3yrs to Adult	F	10/19 - 11/16
8524.416	4:00pm	3yrs to Adult	F	10/19 - 11/16
8524.417	4:00pm	3yrs to Adult	F	10/19 - 11/16
8524.418	4:20pm	3yrs to Adult	F	10/19 - 11/16
8524.419	4:20pm	3yrs to Adult	F	10/19 - 11/16
8524.420	4:40pm	3yrs to Adult	F	10/19 - 11/16
8524.421	4:40pm	3yrs to Adult	F	10/19 - 11/16
8524.422	5:00pm	3yrs to Adult	F	10/19 - 11/16
8524.423	5:00pm	3yrs to Adult	F	10/19 - 11/16

Register Online! www.hbsands.org